

NUTRIENTS FOUND IN MUSHROOMS

- Portabello mushrooms are a source of potassium, which helps muscles function properly.
- Mushrooms contribute the trace minerals selenium and copper to the diet.

JUST FOR KIDS

Try making mushroom spore prints. This is a fun and creative way to introduce fungi to kids. You will need a large portabello mushroom with intact gills, a white sheet of paper, a large bowl and some hairspray. Cut the stem off of the mushroom just below the cap so that it will sit flat. Have the kids place their mushroom gill-side down on the paper and then cover with the bowl. Leave it covered and undisturbed for 24 hours (patience!). When the time is up, remove the bowl and then carefully lift up the mushroom. A spore print should be visible on the paper! Spray it with hairspray to keep the spores in place.



HEALTHY, FIT & READY TO LEARN

- Make regular family walks a tradition. After dinner, go for a walk! Take the time to get outside and connect with your family.

GROWN IN OREGON

Oregon's cooler, wet weather and dense forests provide the perfect growing conditions for many delicious varieties of mushrooms. Check out your local farmer's market or grocer to find some of these local treats. Never eat mushrooms that you find in the wild! Some mushrooms are poisonous, and only an expert can tell the difference.



LIVING AND EATING GREEN

Instead of throwing away tattered old clothes that are too worn to donate, cut them into reusable cleaning rags. You'll save money on paper towels and create less waste.

YOUR OREGON KITCHEN

QUICK AND EASY

- Add chopped button mushrooms to salads for a low calorie flavor boost.
- Sautéed mushrooms are a tasty topping to burgers.
- Add sliced mushrooms to marinara to add more flavor to your sauce.
- When making an omelette, include diced tomatoes, onions, garlic, and mushrooms.



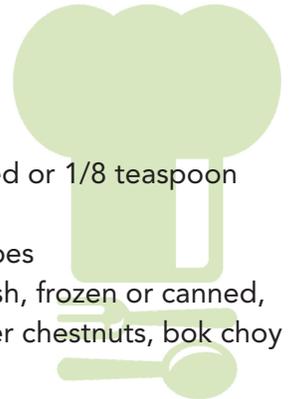
PRODUCE POINTERS

- Choose mushrooms that are unblemished and firm, not shrivelled or slimy.
- Store mushrooms in a paper bag in the refrigerator, preferably away from odorous foods as mushrooms can absorb their scents.
- Do not immerse mushrooms in water to wash them and don't clean them until you are ready to use them.
- To clean mushrooms, wipe them gently with a brush or damp paper towel.
- When cooking mushrooms, trim or remove the stem.

RECIPE: VEGETABLES & TURKEY STIR-FRY

INGREDIENTS:

- 1 tablespoon oil
- ½ teaspoon salt
- 2 thin slices ginger root, minced
- 1 clove garlic, peeled and minced or 1/8 teaspoon garlic powder
- 1 cup turkey, cut into ½-inch cubes
- 2 cups chopped vegetables, fresh, frozen or canned, such as celery, mushrooms, water chestnuts, bok choy
- ½ teaspoon sugar
- 3 cups cooked brown rice



DIRECTIONS:

1. Heat oil in a large skillet over medium heat (300 degrees in an electric skillet).
2. Add salt, ginger root, garlic, turkey and vegetables. Stir fry for 1 minute.
3. Reduce heat to prevent scorching. Add sugar.
4. When vegetables are tender, remove pan from heat.
5. If vegetables are firm, add 1-2 tablespoons of water, cover and cook for 2 more minutes or until tender. Serve over rice (or noodles).
6. Refrigerate leftovers within 2 hours.

From foodhero.org



RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

| | Kids ages 5-12 | Teens & Adults ages 13+ |
|---------|------------------------|----------------------------|
| Males | 2 1/2 - 5 cups per day | 4 1/2 - 6 1/2 cups per day |
| Females | 2 1/2 - 5 cups per day | 3 1/2 - 5 cups per day |

If you are active, eat the higher number of cups per day. Visit choosemyplate.gov to learn more.

Find Out More: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/go/f2sgardens.